

**MOTION BY SUPERVISOR HILDA L. SOLIS**

**January 29, 2019**

**Wear Red Day**

According to the American Heart Association's Heart Disease and Stroke statistics 2018 update, cardiovascular diseases are the number one killer of women in the United States and kills one woman almost every 80 seconds. Nearly eighty percent of cardiovascular disease is can be prevented. Risk factors for heart disease such as blood pressure, smoking, and cholesterol can be monitored and controlled. Committing to making physical activity and healthy eating a priority are additional ways to improve heart health. American Heart Association's Go Red for Women® movement motivates and encourages women to take charge their cardiovascular health, learn their family history, and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke.

**I, THEREFORE MOVE** that the Board of Supervisors support women and the fight against heart disease and proclaim Friday, February 1, 2019 to be Wear Red Day in Los Angeles County.

MOTION

SOLIS	_____
RIDLEY-THOMAS	_____
KUEHL	_____
BARGER	_____
HAHN	_____